



Easy Beef Stew

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



8

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 lb beef for stew, cut into 1-inch cubes
- 2 cups beef broth
- 2 cups carrots diagonally sliced
- 2 cups celery diagonally sliced
- 0.3 tsp ground marjoram
- 0.3 tsp ground thyme
- 2 Tbsp minute tapioca

- 2 cups onions quartered
- 0.3 tsp pepper
- 2 cups potatoes cubed peeled

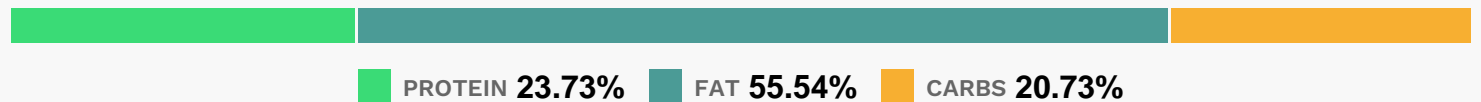
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 300F.
- Mix all ingredients in large casserole dish; cover.
- Bake 2-1/2 to 3 hours or until meat and vegetables are tender, stirring after each hour.
- Remove and discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:8.67, Inflammation Score:-10, Nutrition Score:20.02695673445%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 375.68kcal (18.78%), Fat: 23.03g (35.42%), Saturated Fat: 8.82g (55.13%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 16.16g (5.88%), Sugar: 3.96g (4.4%), Cholesterol: 80.51mg (26.84%), Sodium: 346.26mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.28%), Vitamin A: 5465.43IU (109.31%), Vitamin B12: 2.47µg (41.15%), Zinc: 5.07mg (33.83%), Vitamin B6: 0.64mg (31.94%), Vitamin B3: 6.26mg (31.3%), Selenium: 17.93µg (25.61%), Phosphorus: 246.01mg (24.6%), Potassium: 787.59mg (22.5%), Vitamin C: 16.01mg (19.41%), Iron: 3.02mg (16.79%), Vitamin K: 15.79µg (15.04%), Vitamin B2: 0.24mg (14.2%), Fiber: 3.18g (12.71%),

Manganese: 0.23mg (11.72%), Magnesium: 43.45mg (10.86%), Folate: 40.51µg (10.13%), Vitamin B5: 0.94mg (9.36%),
Vitamin B1: 0.14mg (9.14%), Copper: 0.17mg (8.31%), Calcium: 61.75mg (6.18%), Vitamin E: 0.76mg (5.08%)